



29th Annual Ten Mile Club Challenge



Sunday, February 28, 2010
8:00 a.m.

Represent your RRCA running club in one of the most competitive and challenging races in Maryland. Team categories include Male, Female, and Combined. To save your time and ours, online or mail-in pre-registration is encouraged and appreciated.

Time and Place: 8:00 a.m. Howard Community College (Physical Education Building) Columbia, MD.

Entry Fee: \$10 PAYABLE ON RACE DAY ONLY. Please do not send payment. Note: most clubs supplement entry fees for club members in whole or in part. During packet pick-up, see club list for your payment amount.

Online Registration: Online pre-registration encouraged and greatly appreciated. Please visit <http://www.striders.net/> from 2/1/10 to 2/21/10 (noon). Contact your club president for team password. **IMPORTANT: Note new website for Online Registration!**

Mail-in Registration: Online pre-registration preferred (see above). If necessary, mail entry form to Club Challenge, 8577 Dark Hawk Circle, Columbia, MD 21045-5614.

Race Day Registration & Packet Pick-up: At HCC Phys Ed Building, Sunday Feb 28 from 6:45am to 7:45am

NEW Scoring: Men: 12M scorers for each team. Women: 4F scorers for each team. Coed: 15 scorers and minimum of 4M and 4F on each team. No runners finishing after two hours will be scored.

Course: Challenging 10M (GPS-measured) course. Mile markers will be provided as noted on the map.

Race Information: www.striders.net. Race Director: 410-730-1668 (h) or Richard.Bernstein@jhuapl.edu. Strider Hotline: 410-964-1998.

Amenities: Showers and locker room. Special premium to all finishers. Refreshments and snacks.

Club Challenge Entry Form - Clearly print all information.

FIRST NAME		LAST NAME		OFFICIAL USE ONLY	
ADDRESS STREET			ADDRESS CITY, STATE ZIP		
BIRTHDATE (mm/dd/yy)	AGE RACE DAY	GENDER <input type="checkbox"/> M <input type="checkbox"/> F	PHONE	E-MAIL ADDRESS	
TEAM (circle only one)					
Annapolis Striders (AS)		Eastern Shore (ESRC)		Montgomery Co RRC (MCRRC)	
Baltimore RRC (BRRRC)		Falls Road (FRRS)		Prince George's RC (PGRC)	
Cumberland Valley (CVAC)		Frederick Steeplechasers (FS)		Queen City Striders (QCS)	
DCRRC		Howard Co. Striders (HCS)		RASAC	
				Unattached (U)	
				Westminster RRC	
				Other: _____	

Waiver - Please read and sign. If under 18, parent or guardian must sign.

I know that running a road race is a potentially hazardous activity and I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Howard County Striders Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use photographs, motion pictures, recordings, or any other records of these events for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

SIGNATURE	DATE
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Mail to: Club Challenge, 8577 Dark Hawk Circle, Columbia MD 21045-5614